

# HOW DID BUDDHISM IMPACT MY IDENTITY?



WHEN I WAS YOUNG, MY PARENTS GAVE ME FREEDOM TO CHOOSE MY OWN RELIGION. THEY ALLOWED ME TO EXPERIENCE EVERY RELIGION POSSIBLE AND CHOOSE THE ONE THAT I WAS MOST INTERESTED.

## Age 9



I WENT TO CATHOLIC CHURCH TO LEARN ABOUT ROMAN CATHOLICISM.

## Age 12



I WENT TO CATHOLIC CHURCH TO LEARN ABOUT ROMAN CATHOLICISM.

Although I didn't go to Islamic temples or Jewish Temples, I traveled to many countries who practices Islam and Judaism. Therefore, I learned their basic ideas and beliefs. Also, I learned how people practiced each religion.

# THEN!

## Age 15



I STARTED TO LEARN ABOUT BUDDHISM DURING THE GLOBAL HISTORY CLASS. THIS WAS TIME WHEN I REALIZED THAT MY GRANDMOTHER IS BUDDHIST AND MY GRANDFATHER FOLLOWED BUDDHIST FUNERAL CEREMONY.



WHEN EVER MY GRANDMOTHER WENT TO THE TEMPLE, SHE ALWAYS BOUGHT ME THE BUDDHIST ROSARY. SHE TAUGHT ME TO CLEAR MY MIND WHILE I ROLL THOSE BEADS. SO, I FOLLOWED HER BELIEFS.



DAY BY DAY, I STARTED TO DESIRE LESS.

WHEN I HAD TENNIS MATCH, I DID NOT AIM FOR WINNING. SINCE I CLEARED MY MIND, I HAD LESS PRESSURE AND IT HELPED ME TO CONCENTRATE ON GAMES. THEREFORE, I COULD WIN MANY GAMES.



## This

WAS THE TIME WHEN I LIKED THE FACT THAT CLEARING MIND ACTUALLY HELPS ME TO ACHIEVE SOMETHING. DUE TO THIS, I DECIDED TO FOLLOW BUDDHIST BELIEFS AND THEIR PRACTICES.

# HOW DID BUDDHISM IMPACT MY FAMILY?

BUDDHIST BELIEFS IMPACTED MY FAMILY IN VARIOUS WAYS....

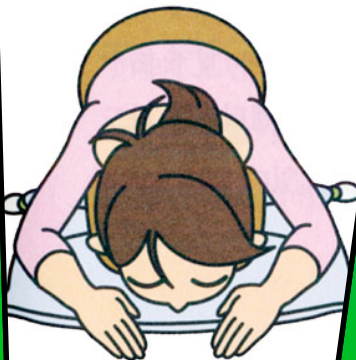
## 1ST



WHENEVER WE MEET DURING CHUSEOK OR SEOLNAL, WE GO TO THE BUDDHIST TEMPLE TO DO BOW AND WE BOW TO OUR ANCESTORS. WE PREPARE FOOD THAT OUR ANCESTORS LIKED AND WE GO THROUGH THE CEREMONY CALLED "JAESA". WE NORMALLY HAVE MONK WITH THE WOODEN "MOKTAK".

## 2ND

MY GRANDMOTHER GOES TO THE BUDDHIST TEMPLE VERY OFTEN TO PRAY FOR OUR FAMILY. WHEN SHE GOES THERE, SHE NORMALLY DO 108 BAE, WHICH MEANS SHE BOW 108 TIMES. WHEN I HAVE TIME, I ALSO GO WITH HER AND DO 108 BAE. SOMETIMES, SHE DOES "MAN BAE", WHICH MEANS SHE DOES BOW FOR 10,000 TIMES.



## 3RD

BOTH MY GRANDMOTHER AND I LISTEN TO THE SONGS BY THE MONKS AT THE TEMPLE. THE SONG IS VERY UNIQUE. IT IS VERY DIFFERENT FROM REGULAR MUSIC. IT IS VERY SIMILAR TO A SPEAKING BUT IT HAS SOME RHYTHMS IN IT. IT HAS BUDDHIST LESSONS IN IT. ALSO, WE READ THE BOOKS WRITTEN BY THE MONKS.





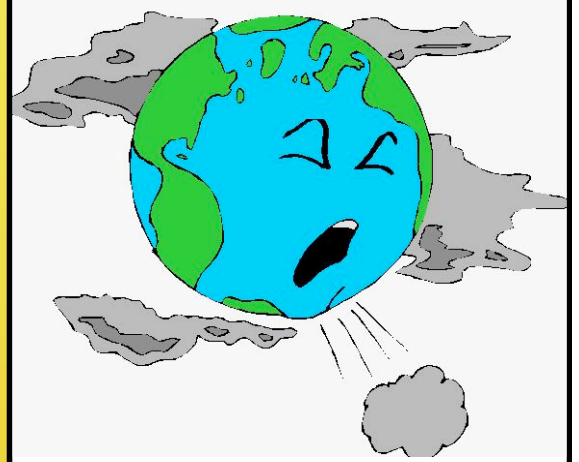
# HOW DOES BUDDHISM IMPACT MY SOCIETY AND THE WORLD?

BUDDHIST BELIEVES OF PEACE, MINDFULNESS AND CARE FOR ALL LIVING CREATURES. THEY BELIEVE THAT ALL THINGS SHOULD BE LOOKED AFTER. THE EARTH, PLANTS, BIRDS, INSECTS AND ANIMALS.



THERE ARE MANY ORGANIZATIONS AND GROUPS OF PEOPLE WHO ARE AWARE OF SERIOUS CONDITION OF OUR ATMOSPHERE. THESE PEOPLE TEACH AND TELL PEOPLE TO SAVE THE EARTH.

THERE ARE MANY MONKS WHO ARGUE THAT THE HUMAN RACE SHOULD STOP POLLUTING THE ATMOSPHERE AND DESTROYING THE SURFACE OF EARTH BY CUTTING DOWN TREES.



MANY PEOPLE IN ALL AROUND THE WORLD PRACTICE MEDITATION TO EXPERIENCE TRUE PEACE AND CLEARING MIND. IN WESTERN COUNTRIES, THERE ARE MANY PEOPLE WHO SIT ON CUSHIONS WITH THEIR LEG FOLDED AT THE AUSTRALIA, UNITED STATES AND MANY OTHER COUNTRIES. THERE ARE MANY VOLUNTEER ACTIVITIES OF BUDDHIST PEOPLE. THERE ARE PEOPLE WHO BUILDS A SHELTER FOR THOSE WHO NEED, THERE ARE PEOPLE WHO CLEANS THE BUDDHIST TEMPLE REGULAR BASIS.

BUDDHISM ALLOWS THE SOCIETY TO HELP EACH OTHER AND TO TAKE CARE OF THINGS AROUND US (LIKE EARTH, PLANTS, ANIMALS AND INSECTS).

